



CWU | Central
Washington
University



Peninsula HS

College in the High School Courses Offered at PHS for 2021-2022

English

CWU ENG 101: Academic Writing I, Critical Reading & Responding

Grades: 10-12

Length: One Semester

Credit: 1.0 High School Credit and 5 CWU College Credits

Prerequisite: Students wishing to take this course as a 10th grader should first get a recommendation from their current English teacher.

Graduation requirement: English

Description: By the end of the course, students will be able to demonstrate mastery of skills necessary for college level academic writing, including summarizing, reading sources critically and responding to them, synthesizing multiple perspectives, and using academic writing conventions.

Course outcomes include:

- Read, summarize, analyze, and synthesize a variety of college-level print and multimedia sources to support and respond to a variety of ethical and objective writing goals across contexts.
- Define writing coherently across contexts, express ideas in coherent sentences and paragraphs, and practice drafting, revising, editing, reviewing, and discussing coherent writing.

While all students can enroll in this course, they will need to meet certain criteria to receive college credit. See your [counselor](#) for details.

CWU ENG 102: Academic Writing II, Reasoning & Research on Social Justice

Grades: 10-12

Length: One Semester

Credit: 1.0 High School Credit and 5 CWU College Credits

Prerequisite: CWU ENG 101

Graduation requirement: English

Description: By the end of the course, students will be able to demonstrate mastery of skills in college level research-based academic argument through assignments involving evaluation, analysis, and synthesis of multiple sources. This course extends the learning from ENG 101, with a focus on research. Course outcomes include:

- Analyze and critique an argument, evaluating its rhetorical effectiveness and identifying underlying assumptions.
- Identify and synthesize high-quality sources and use them effectively in support of an argument.
- Take a position on an issue concerning social justice and identity by developing a focused assertion based on a shared assumption, presenting evidence in support of a line of reasoning, addressing divergent stances on the issue, and using a variety of rhetorical appeals.

Students must have passed ENG 101 first semester with a grade of a C- or higher to take ENG 102 for college credit.

Math

CWU Math 172: Calculus 1

Grades: 11-12

Length: Two Semesters/Year Long

Credit: 1.5 High School Credits and 5 CWU College Credits 2nd Semester

Prerequisite: Precalculus or teacher recommendation

Graduation requirement: Math

Description: CWU College in the High School (CIHS) lets students take Central Washington University Math 172 and earn 5 quarter hours of college credit.

Official CWU Course Description: Theory, techniques, and applications of differentiation and integration of the elementary functions.

General Course Description: Calculus 1 / AP Calculus AB is an introductory college-level calculus course. Students cultivate their understanding of differential and integral calculus through engaging with real-world problems represented graphically, numerically, analytically, and verbally and using

definitions and theorems to build arguments and justify conclusions as they explore concepts like change, limits, and the analysis of functions.

Students will have two opportunities to earn college credit. The AP Calculus AB test is given in May. Students may earn college credit with a score of 3 or greater (contact your college/university choice for information on AP crediting). CWU's prerequisite for their credits is a qualifying score on a math placement exam.

CWU Math 211: Statistical Concepts and Methods

Grades: 10-12

Length: Two Semesters/Year Long

Credit: 1.5 High School Credits and 5 CWU College Credits 2nd Semester

Prerequisite: Student must score 250+ on the Accuplacer Next-Generation Quantitative Reasoning, Algebra and Statistics, 46% on the ALEKS, 148+ on MPT General, 145+ on MPT Advanced, or have completed one year of high school calculus with a B average.

Graduation requirement: Math

Description: CWU College in the High School (CIHS) lets you take Central Washington University Statistical Concepts and Methods and earn 5 quarter hours of college credit

Official CWU Course Description: An introduction to statistics for any student. Topics include exploratory data analysis, regression, sampling distributions, hypothesis testing and confidence intervals. Course emphasizes applied data analysis and includes use of a software package.

General Course Description: The content of this course is typical of an introductory college course in statistics. Students will be introduced to the major concepts and tools for collecting, analyzing, and drawing conclusions from data. Students may earn college credit by earning a score of 3 or better on the Advanced Placement test in May. Only those students who take the AP exam will receive AP designation on their transcript. In preparation for the AP exam the following topics need to be mastered:

- Organization, Display, and Interpretation of Data
- Producing Data: Samples, Simulations, and Experimental Design
- Probability: Probability Rules and Sampling Distributions
- Inference Study: Distributions, Proportions, Chi Square, and Regression

Students will have two opportunities to earn college credit. The AP Statistics test is given in May. Students may earn college credit with a score of 3 or greater (contact your college/university choice for information on AP crediting). CWU College in the High School (CIHS) lets students take Central Washington University Math 211 and earn 5 quarter hours of college credit. CWU's prerequisite for their credits is a qualifying score on a math placement exam.

Science

CWU ENST 201: Earth as an Ecosystem

Grades: 10-12

Length: One Semester

Credit: 1.0 High School Credit and 5 CWU College Credits

Prerequisite: Algebra 1 or equivalent

Graduation requirement: Lab Science

Description: CWU College in the High School (CIHS) lets you take Central Washington University Earth as an Ecosystem and earn 5 quarter hours college credit.

Official CWU Course Description: An introduction to the Earth's systems.

General Course Description: This course is a semester long, designed to replace AP Environmental. It is representative of a one-semester introductory college course in environmental science. This course will prepare students to understand the Earth as a System in more depth than a regular Biology course. It provides students with scientific principles, concepts and methodologies required to understand the interrelationships of the natural world. Students will identify and analyze environmental cycles, resources and the connections between organisms and their environment.

This course can be taken without the college credit option; students will still receive 0.5 credits of high school lab science.

CWU ENST 202: Environment and Society

Grades: 10-12

Length: One Semester

Credit: 1.0 High School Credit and 5 CWU College Credits

Prerequisite: Algebra 1 or equivalent

Graduation requirement: Lab Science

Description: CWU College in the High School (CIHS) lets you take Central Washington University Environment and Society and earn 5 quarter hours college credit.

Official CWU Course Description: This course is an introduction to how humans affect the environment. The primary goals are for students to comprehend the physical and cultural dimensions of environmental problems such as human health as it relates to the environment, energy

consumption, water and air pollution, urbanization and waste disposal. Particular emphasis will be given to the interaction between resources, population dynamics, and cultural innovations, especially technological innovations so that students can make well-informed decisions about science-related issues beyond those covered in this course.

General Course Description: This course is a semester long, designed to replace AP Environmental. It is representative of a one-semester introductory college course in environmental science and is a continuation of ENST 201. In this course, we will build upon the foundation of environmental science that students have learned in the prior course. We will focus is on the environmental problems and their causes. Students will examine the role of technology and how it can help identify solutions for resolving or preventing major issues with the environment.

This course can be taken without the college credit option; students will still receive 0.5 credits of high school lab science.

CWU Geology 101: Introduction to Geology

Grades: 11-12

Length: Two Semesters/Year Long

Credit: 1.5 High School Credits and 5 CWU College Credits 2nd Semester

Graduation requirement: Lab Science

Description: CWU College in the High School (CIHS) lets you take Central Washington University Geology 101 and earn 4 quarter hours college credit.

Official CWU Course Description: Geology 101 is an introduction to Geology emphasizing the origin and nature of the common rocks, plate tectonic theory, earthquakes and volcanoes, and geologic time. Upon successful completion of this course, the student will be able to understand:

- Earth's composition and physical processes on a broad range of scales
- How geologists apply scientific discovery to their many roles as professionals
- The ways scientific investigation has developed over the past several centuries relating to the nature of Earth.

CWU Physics 111/112 Lab: Physics I & II

Grades: 10-12

Length: One Semester (111) – One Semester (112)

Credit: 1.0 High School Credits each for 111 and 112, and 5 CWU College Credits for each Semester

Prerequisite: Completion of (or concurrent enrollment in) Algebra 2

Graduation requirement: Lab Science

Description: CWU College in the High School (CIHS) lets you take Central Washington University Physics 111 & 112 and earn 10 quarter hours college credit.

Official CWU Course Description: An integrated experimental and analytical investigation of topics including kinematics, dynamics, rotational dynamics, wave mechanics, and conservation principles. This integrated lecture/laboratory course includes the analysis of physical systems using algebra and trigonometry along with inquiry-based activities and experimental investigation.

General Course Description: Basic 1st year college physics course. These courses are appropriate for students wishing to attend four-year universities and are interested in science majors.

CWU Physics 101: Introduction to Astronomy

Grades: 11-12

Length: Two Semesters/Year Long

Credit: 1.5 High School Credits and 5 CWU College Credits 2nd Semester

Prerequisite: Algebra 1

Graduation requirement: Lab Science

Description: CWU College in the High School (CIHS) lets you take Central Washington University Physics 101 and earn 5 quarter hours college credit.

Official CWU Course Description: Physics 101 is designed to be both a qualitative and quantitative Introduction to Astronomy. The course will start with an historical overview of Astronomy in the last 3000 years tracing the development of astronomical thought. Following that, basic physics required in Astronomy will be covered (gravity, Newton's Law, optics). The Universe, starting with the Solar System, then stars and galaxies will be addressed. This course will foster how scientific thought develops and changes when faced with new information. Labs, while not necessarily in lock step with lectures, will reinforce class themes.

Social Studies

CWU Psychology 101

Grades: 11-12

Length: Two Semesters/Year Long

Credit: 1.5 High School Credits and 5 CWU Credits 2nd Semester

Prerequisite: Successful completion of English 10, Passage of Reading and Writing Placement Exam (Placement Exam not necessary for course to be taken for high school credit only).

Graduation requirement: Social Studies - Elective

Description: CWU College in the High School (CIHS) lets you take Central Washington University PSY 101 - General Psychology and earn 5 quarter hours college credit.

Official CWU Course Description: PSY 101 - General Psychology - The study of the basic principles, problems and methods that underlie the science of psychology, including diversity, human development, biological bases of behavior, learning, sensation and perception, cognition, personality, and psychopathology.

General Course Description: Replacing the AP Psychology class, this course provides a college-level exploration of the science of behavior and mental processes. The topics will include neurobiology, cognition, clinical disorders and treatment, human development, social-cultural influences, and research methods, among others. This will be a rigorous course of study requiring students to keep up with reading and note-taking assignments outside of class time and attend daily, prepared to actively engage and participate. Instruction will feature a mix of lecture, discussion, and hands-on demonstrations and group activities. In the second semester, students are required to develop a college-level research paper that incorporates an investigation into empirical psychological phenomena. Students in this course will be well-prepared for success on the AP Psychology exam, should they elect to take it. The standard elective course of psychology is not a prerequisite for CIHS Psychology 101. This course can be taken without the college credit option; students will still receive 1.0 credit of high school social studies elective.

CWU Political Science 101

Grades: 12

Length: One Semester

Credit: 1.0 High School Credit and 5 CWU College Credits

Prerequisite: Successful completion of U.S. History/AP U.S. History, Passage of Reading and Writing Placement Exam (Placement Exam not necessary for course to be taken for high school credit only).

Graduation requirement: Social Studies - Civics

Description: CWU College in the High School (CIHS) lets you take Central Washington University Political Science 101 and earn 5 quarter hours college credit.

Official CWU Course Description: Upon successful completion of this course, the student will be able to:

- Identify the basic terminologies, concepts, political processes, and theories in the study of politics and power structure
- Students will distinguish the issues of "what to see," "why," and "how to see" in real world situations: recognize the dynamic and complex structure of power within which diverse political issues occur.

- Analyze and identify political actors, their resources of power, and the interconnections between political, social and economic power.
- Appraise how citizens in a given society can effectively participate in political processes and impact government's policy decisions
- Explain how various types of political ideologies, political culture, government institutions, levels of industrialization, geographic location and current globalization phenomena affect people's lives.
- Apply knowledge and critical thinking skills to about "things political" to stimulate continued inquiries in the study of politics.

General description: This course will introduce the basic concepts of power, legitimacy, authority, and government. Fundamental philosophies, philosophers, and theories of power, the state, government and the individual. Different government power structures and systems, representation, political rights and justice, the relationship between political culture and public opinion, and political economy will be examined in this course.

CWU Political Science 210

Grades: 12

Length: One Semester

Credit: 1.0 High School Credit and 5 CWU College Credits

Prerequisite: Successful completion of U.S. History/AP U.S. History, Passage of Reading and Writing Placement Exam (Placement Exam not necessary for course to be taken for high school credit only). CIHS - Political Science 101 recommended.

Graduation requirement: Social Studies - Civics

Description: CWU College in the High School (CIHS) lets you take Central Washington University Political Science 210 - American Politics and earn 5 quarter hours college credit.

Official CWU Course Description: Upon successful completion of this course, the student will be able to:

- Recognize the procedures and purposes of the major US institutions (Congress, Presidency, Courts and Federalism.)
- Describe and explain the historical development of US political culture and voter preferences.
- Analyze how individual citizens collect political information and develop values and policy preferences, and express them through political participation.
- Examine evolving rights & responsibilities in the US Constitution, Bill of Rights and appraise their effects upon US political development, culture, diversity and citizenship. Evaluate major historical and current public policy debates and differentiate arguments and positions.

- Identify collective decision making procedures of the US government; apply disciplinary models to explain outcomes.
- Identify and explain basic concepts of American politics and government used in political science and the real world.

General description: Replacing the AP U.S. Government and Politics class, this course provides a college-level exploration of American government and political behavior. This class will examine the institutions of government, including the three branches of government and the bureaucracy. Students will also study the foundations of the Constitution and Bill of Rights, civil rights and civil liberties, ideologies, and rights and responsibilities of citizenship.

World Language

CWU FREN 151/152: French 3

Grades: 10-12

Length: Two Semesters/Year Long

Credit: 2.0 High School Credits (1.0 for 151 and 1.0 for 152) and 5 CWU College Credits for each Semester

Prerequisite: French 2

Graduation requirement: World Language

Description: CWU College in the High School (CIHS) lets you take a Central Washington University FREN 151 and 152 and earn 10 hours college credit.

Official CWU Course Description: Develop elementary skills in listening, speaking, reading and writing.

General Course Description: This course is a combination of the study of French language and culture. Emphasis will be placed on expansion of vocabulary, fluency in speaking, reading for comprehension, and writing with grammatical accuracy. A variety of learning media and styles including Teaching Proficiency through Reading and Storytelling (TPRS) as well as art, drama, songs, music, and literature.

CWU FREN 153: French 4

Grades: 10-12

Length: Two Semesters/Year Long

Credit: 1.5 High School Credits and 5 CWU College Credits 2nd Semester

Prerequisite: French 3

Graduation requirement: World Language

Description: CWU College in the High School (CIHS) lets you take a Central Washington University FREN 153 and earn 5 hours college credit.

Official CWU Course Description: Develop elementary skills in listening, speaking, reading and writing.

General Course Description: Students will continue their study of language by expanding vocabulary, gaining further fluency and complexity in speaking, reading for comprehension, and writing with grammatical accuracy. A variety of learning materials will be used including TPRS, as well as art, literature, songs, music, film, current events, history, and basic research.

CWU SPAN 151/152: Spanish 3

Grades: 10-12

Length: Two Semesters/Year Long

Credit: 2.0 High School Credits (1.0 for 151 and 1.0 for 152) and 5 CWU College Credits for each Semester

Prerequisite: Spanish 2

Graduation requirement: World Language

Description: CWU College in the High School (CIHS) lets you take Central Washington University Spanish 151 and Spanish 152 and earn 10 quarter hours college credit.

Official CWU Course Description: Develop elementary skills in listening, speaking, reading and writing.

General Course Description: This course is a continuation of the study of the Spanish language and culture. Emphasis will be placed on expansion of the vocabulary, fluency in speaking, reading for comprehension, and writing with grammatical accuracy. A variety of learning media and styles, including TPRS (Teaching Proficiency through Reading and Storytelling) as well as art, drama, songs, music, and literature

CWU SPAN 153: Spanish 4

Grades: 10-12

Length: Two Semesters/Year Long

Credit: 1.5 High School Credits and 5 CWU College Credits 2nd Semester

Prerequisite: Spanish 3

Graduation requirement: World Language

Description: CWU College in the High School (CIHS) lets you take Central Washington University Spanish 153 and earn 5 quarter hours college credit.

Official CWU Course Description: Develop elementary skills in listening, speaking, reading and writing.

General Course Description: Students will continue their study of the language by expanding vocabulary, gaining further fluency in speaking, reading for comprehension, and writing with grammatical accuracy. A variety of learning materials will be used including TPRS (Teaching Proficiency through Reading and Storytelling) as well as art, drama, songs, music, literature, and film.

Physical Education

With all CWU 1 credit PE classes you will earn .20 credits on your CWU transcript and you will earn a .5 credit on your PHS transcript since you meet more often than they do on a college campus for a .2 college PE credit. All CWU PE classes are one semester in length at PHS.

CWU PEAQ 113: Adv. Swimming/Aquatics & Weight Training

Grades: 10-12

Length: One Semester

Credit: 0.5 high school credit and .2 CWU credit

Prerequisite: Ability to swim 200 yards continuously, employing at least three strokes.

Graduation requirement: Physical Education

Description: CWU College in the High School (CIHS) lets you take Central Washington University PEAQ 113 and earn one quarter hour college credit.

CWU Course Description: Refinement of standard strokes and dives.

General Course Description: This course maximizes the overall fitness of an individual by utilizing swimming, water games, and other exercises to improve cardiorespiratory condition and muscular endurance. Weight training to increase muscular strength and methods of stretching to improve flexibility. Video analysis will be included. This course may be taken without the college credit option; students will still earn .5 credits of high school physical education.

CWU PEF 113: Weight Training - Athletic Performance

Grades: 10-12

Length: One Semester

Credit: 0.5 high school credit and .2 CWU credit

Prerequisite: Introduction to Sports, Fitness & Aquatics or Weight Training & Fitness

Graduation requirement: Physical Education

Description: CWU College in the High School (CIHS) lets you take Central Washington University PEF 113 and earn one quarter hour college credit.

Official CWU Course Description: This course is designed to give students an opportunity to demonstrate muscle strength and/or overall body strength improvement through progressive workouts in a basic weight-training course. Emphasis is on multiple reps, strength endurance, and self-improvement in a self-paced environment. Functional exercise, abdominal strength and an exercise or muscle group of the day will be expected to be logged in your individual log.

General Course Description: Students in this course will participate in activities designed to enhance the athletic abilities for the sports that they participate in. the physical development phase of class will consist of fitness activities including core strengthening, muscle development, speed development, plyometric movements, and cardiorespiratory conditioning. Film study for their respective sports and skill development will be part of this course. This course may be taken without the college credit option; students will still earn .5 credits of high school physical education.

CWU PEAQ 221: Lifeguarding

Grades: 10-12

Length: One Semester

Credit: 0.5 high school credit and .2 CWU credit

Prerequisite: Introduction to Sports, Fitness & Aquatics

Graduation requirement: Physical Education

Fee: \$40 (American Red Cross certification)

Description: CWU College in the High School (CIHS) lets you take Central Washington University PEAQ 221 and earn one quarter hour college credit.

Official CWU Course Description: American Red Cross approved course for which certification may be granted. The course will include rescue technique, preventative lifeguarding and conditioning.

General Course Description: This course will provide individuals with the knowledge and skills designed to save their own life or the life of another in the event of an aquatics emergency. Included in this course will be water games and conditioning to improve stamina and endurance. Aquatic abilities will be increased and/or improved as students' work. The participant must:

- Be at least 15 years old by completion of course.
- Swim 300 yards continuously, using these strokes; 100 yard crawl, 100 yard breaststroke, and 100 yards combination crawl/breaststroke.

- Starting in the water, swim 20 yards, surface dive 7-10 feet, retrieve a 10 lb brick object, return to the surface, swim 20 yards back to starting point with brick on your chest and exit the water without using a ladder or steps in 1 minute and 40 seconds.

This course may be taken without the college credit option; students will still earn .5 credits of high school physical education.

CWU PEID 110: Beginning Badminton (Racquet Sports)

Grades: 10-12

Length: One Semester

Credit: 0.5 high school credit and .2 CWU credit

Graduation requirement: Physical Education

Description: CWU College in the High School (CIHS) lets you take Central Washington University PEID 110 and earn one quarter hour college credit.

Official CWU Course Description: The purpose of this course is to learn the history, development and laws of the game of badminton as well as to acquire the skills necessary to actively participate in badminton activity. The active participation of students in the class may lead to health benefits such as increased cardiorespiratory endurance, increased flexibility and agility, improved hand eye coordination and increased muscular endurance which may lead to a healthier life.

General Course Description: This course will focus on the fundamentals of badminton. Game rules to include court layout for singles and doubles as well as serving and scoring rules. Forehand, back hand, clear, drop, smash and serving shots will be practiced. Tournament singles and doubles play as well as challenge court tournaments will be offered.

Part of this course includes a fitness component where students participate in daily flexibility, core strengthening and agility movement exercises. A cardiorespiratory activity will occur 1 day per week. Additionally, other nets sports will be included: Pickleball, Volleyball, and Tennis. One day a week students will have an opportunity to participate in a variety of other team sport activities to include: tag football, basketball games, softball games, ultimate Frisbee, and soccer.

CWU PEF 123: Aerobic Walking

Grades: 10-12

Length: One Semester

Credit: 0.5 high school credit and .2 CWU credit

Graduation requirement: Physical Education

Description: CWU College in the High School (CIHS) lets you take Central Washington University PEF 123 and earn one quarter hour college credit.

Official CWU Course Description: Assessment of present level of cardiorespiratory fitness and prescription of an individual aerobic walking exercise program for increasing and maintaining fitness.

General Course Description: This course is designed to impart knowledge and understanding of physical training through walking. Through walking, stretching and other activities designed by the instructor, the student will improve aerobic power and muscular strength. Students will be required to walk (outside) daily regardless of the weather. Students will walk off campus and be required to wear a reflective vest. This course may be taken without the college credit option; students will still earn .5 credits of high school physical education.

CWU PEF 113: Weight Training - Women's Weight Training

Grades: 10-12

Length: One Semester

Credit: 0.5 high school credit and .2 CWU credit

Prerequisite: Introduction to Sports, Fitness & Aquatics or Weight Training & Fitness

Graduation requirement: Physical Education

Description: CWU College in the High School (CIHS) lets you take Central Washington University PEF 113 and earn one quarter hour college credit.

Official CWU Course Description: This course is designed to give students an opportunity to demonstrate muscle strength and/or overall body strength improvement through progressive workouts in a basic weight-training course. Emphasis is on multiple reps, strength endurance, and self-improvement in a self-paced environment. Functional exercise, abdominal strength and an exercise or muscle group of the day will be expected to be logged in your individual log.

Generalized Course Description: This fitness class is designed for all 10th-12th grade females of ALL abilities. This is a comprehensive fitness course designed to empower and strengthen women both physically and mentally; to improve their overall wellness, strength, flexibility, and endurance. This class will include but is not limited to the use of free weights, weight machines, medicine balls, cycle/spin bikes, elliptical machines, and other fitness related equipment. Students will also participate in cardio-respiratory activities, yoga, Pilates and interval training sessions.

CWU PEF 150: Beginning Yoga (Yoga & Life Fitness)

Grades: 10-12

Length: One Semester

Credit: 0.5 high school credit and .2 CWU credit

Prerequisite: Introduction to Sports, Fitness & Aquatics, Weight Training & Fitness, participant in school-sponsored athletics, or teacher approval

Graduation requirement: Physical Education

Description: CWU College in the High School (CIHS) lets you take Central Washington University PEF 150 and earn one quarter hours college credit.

Official CWU Course Description: Participation in stretching and then holding a variety of yoga postures. Will include demonstrations, benefits, contraindications, and precautions of each posture.

General Course Description: This class offers time for students to learn the art and practice of yoga, while working on their physical fitness and personal wellness. Students will learn and practice various yoga poses and routines that will warm the body, while working their flexibility, strength, and balance. In addition to yoga, students will also work on improving their overall level of fitness with cardiorespiratory and muscular endurance activities. This class will include, but is not limited to, weight training, Pilates, interval training, jogging/running, and other various heart rate raising activities. Students will fitness test throughout the semester and will be responsible for a culminating assignment showing student growth and learning.

CWU Dance 141: Jazz Dance

Grades: 10-12

Length: One Semester

Credit: .5 high school credit and .2 CWU credit

Graduation requirement: Arts and Physical Education

Fee: \$25

Description: CWU College in the High School (CIHS) lets you take Central Washington University DANCE 141 and earn 1 quarter hour college credit.

Official CWU Course Description: Emphasis on American Jazz Dance.

General Course Description: Develop your flexibility, strength and fitness through dance. This movement-based course will focus on the fundamental techniques of American Jazz Dance through the decades. This course will also explore the history and influence of Jazz Dance in American culture, from musicals to hip-hop. This course can be taken without the college credit option; students will still receive 1.0 credits of high school fine art credit.

CWU: PETS 110: Basketball

Grades: 10-12

Length: One Semester

Credit: 0.5 high school credit and .2 CWU credit

Prerequisite: Introduction to Sports, Fitness & Aquatics or Weight Training & Fitness

Graduation requirement: Physical Education

Description: CWU College in the High School (CIHS) lets you take Central Washington University PETS 110 and earn 1 quarter hour college credit.

Official CWU Course Description: This Basketball course is designed to improve related skills and knowledge and to provide an awareness of basketball as a lifetime sport offering fun and fitness.

Generalized course description: Students will learn zone and man-to-man offensive and defensive concepts. Students will practice dribbling, shooting, and rebounding skills.

Part of this course includes a fitness component where students participate in daily flexibility, core strengthening and agility movement exercises. A cardiorespiratory activity will occur 1 day per week.

Additionally, on one day a week students will have an opportunity to participate in a variety of team sport activities to include: tag football, basketball games, softball games, tennis, and soccer.

Theater/Drama

CWU Introduction to Theatre

Grades: 10-12

Length: One Semester

Credit: .80 High School Credits and 4 CWU College Credits

Graduation requirement: Arts

Fee: \$25

Description: CWU College in the High School (CIHS) lets you take Central Washington University Theatre 107 and earn 4 quarter hours of credit.

Official CWU Course Description: Overview of the basic elements of the theatre arts and dramatic structure, and the environment for production of plays.

General Course Description: This course is designed to introduce the student to theatre as a live art form and to develop the students' critical awareness of its various elements. This class is appropriate for any student, those who love to perform and those who don't, those who are already involved in

theatre and those who aren't. We will explore the art of theatre through activities, lecture, demonstration, and observation of the forms, conventions, contributors, styles, and history of theatre. We will watch at least one live performance of a play, read study several others, and practice writing and discussing about plays and productions. This course can be taken without the college credit option; students will still receive 1 credit of high school Fine Art elective credit.